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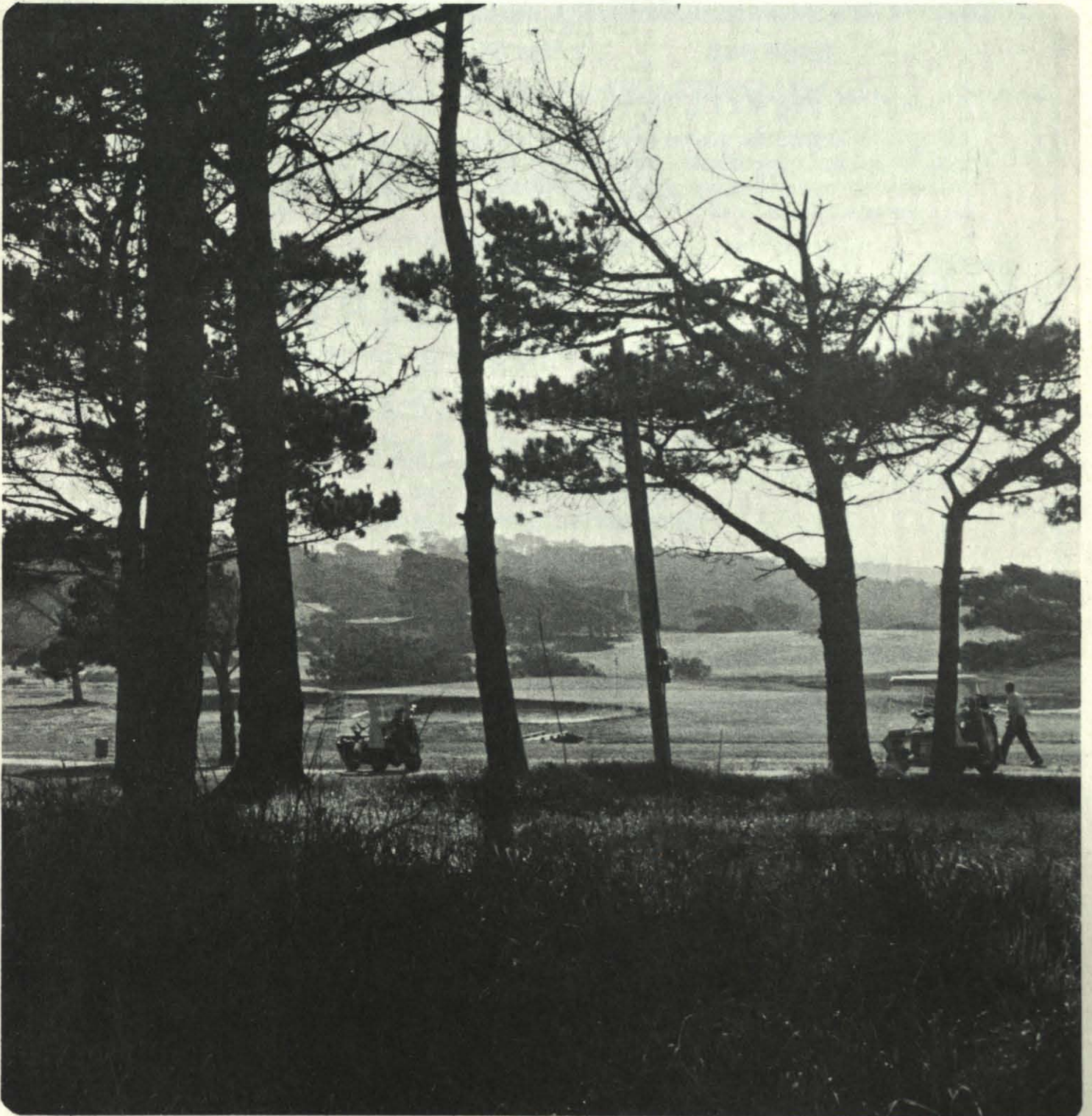
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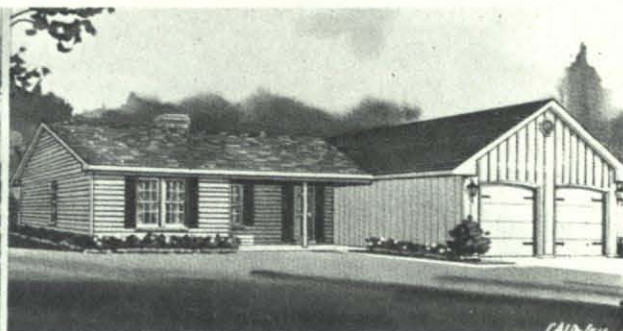
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the classmate



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Editor-in-Chief

Nancy Lemke 2330373-5083

Advisor

Barbara Barron Code 03 ..649-8757

Copy Editor

Filomena Sitler 2509372-1425

Assistant Editor

Linda Shoaff 1945.649-6258

Feature Writers

Carol Burgess 2016649-3652

Ann Malokas 1652372-6044

Connie Niemeier 1753 ...372-7860

Linda Shoaff 1945649-6258

Filomena Sitler 2509372-1425

Betsi Stone 2156649-3018

Copy Staff

Diane Clayton 2311373-7900

Marlene Frill 1426372-7881

Janie LeRoy 26701-633-3542

Carolyn Quinn 1637375-9747

Advertising Director

Phyllis Demo 1161375-2019

Circulation Manager

Linda Ellis 1979375-4457

Distribution NPS/SMC

Mr. Sheahan646-2229

Photographers

Carol Burgess 2016649-3652

Diane Clayton 2311373-7900

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On the Cover: Nancy Lemke focuses in on golfers enjoying a round on the beautiful Monterey Peninsula Country Club.

editor's notes



Something about Monterey makes most of us conscious of the pleasures to be had from taking part in athletic endeavors. Even the most hard core loungers (I am a charter member) feel the need here to get up and at least walk around the block occasionally.

I don't know what it is that is so motivating. I don't know if we are reaching an age where most of us are realizing that to keep in a respectable form of fitness we

need to partake of some regular exercise, or that the peer pressure of seeing bodies jogging by our windows all day while we sit with a book or TV makes it an embarrassment not to join in.

I do think that the beauty of the Monterey Peninsula has a lot to do with the high level of athletic involvement that can be witnessed here. Golf is more enjoyable when you can relax from the frustrations of a triple bogey by glancing over at the serenity of a calm ocean. Horseback riding is more than a drill in "seat" control when you can ride through a maze of gloriously twisted oaks. And even that walk around the block can be interesting if you look at what you are passing. There are many lovely neighborhoods here with unique and enchanting homes that make a perfect place to walk, jog or bicycles.

Besides feeling virtuous, the physical rewards of exercise are obvious. It's nice to be able to push the vacuum cleaner around without huffing and puffing from exertion. For most of us it's a pleasure to see less of ourselves in the mirror. And it's a treat to be able to enjoy a luscious meal at one of the fine local restaurants and know that tomorrow's jog will keep it from adding a permanent bulge to the belly.

Therefore in this month's CLASSMATE

you will read about some of the sports available to you here. Some unfortunately had to be left out for lack of room, but we hope what we do present will be enjoyable and of assistance to you.

I would like to introduce two relatively new CLASSMATE staff members who have taken over writing two feature articles. Connie Niemeier, our new Q.A. correspondent, is anxious to hear from you about any NPS-related questions or comments. Ann Malokas, our new resident gourmet and Peripatetic Palate writer, comes to us as an experienced restaurant sampler and dining-out advocate. We are privileged to have their services.

This month we have the sad task of saying goodbye to Carol Burgess, who has been a Jill of all trades for CLASSMATE. Carol has spent many hours processing film for the magazine. She helped write Q.A., was associate editor for Lari Johnson, and contributed feature articles spiced with her rare sense of humor. We wish her luck in New London. She will be missed.

Interested people are always welcome at our meetings which are on the first Tuesday and second Wednesday of the month at 7:30 p.m. in the La Mesa School Library, or call me at 373-5083 if you are interested in working on CLASSMATE. □

Nancy Lemke
Editor-in-Chief

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Fluoride Festival

The annual Fluoride Festival will be held Monday, February 13, 1978, at the NPS Branch Dental Facility, fourth floor, Herrmann Hall. Dependents aged 5-18 years are eligible to participate. There is no charge for this service, and it is not necessary to be a member of OSWC to participate.



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Learning the correct brushing technique is only part of the Fluoride Festival's benefits.

Appointments are required and can be made by calling the Dental Clinic at 646-2478 on February 6, 7 or 8.

Volunteers are needed! If you can help in the morning or afternoon, please call Debbie Marzluff, 375-0320, SMC 1470. □

OSWC news



Lynn Lohrmann

After six months as a member of the OSWC Governing Board, I have a great many thank you's to express to the people who have helped make the good times. The women on the Executive Board have been so supportive and helpful; thank you all for being such good friends. The CR's this term deserve a "job well done" for all their efforts in communication with the sections.

All the committee chairpeople have given generously of their time to see that the activities of OSWC continue to be of interest to the members. We have been most fortunate to enjoy the guidance and patience of our advisors, Mrs. Barron and Mrs. Kolodziej. Thank you for your time and assistance.

The last month of this term will be almost as busy as the others. The bus trip to San Francisco on February 3 promises to be a fun day. Hope you all can take advantage of this OSWC activity.

A New Candidate's Coffee will be held at the February Governing Board Meeting on Monday, February 6, at 7:30 p.m. Everyone is welcome to attend Governing Board Meetings, and we especially invite you to this one.

The Election Night program will be held Feb. 16 at 7:30 p.m. in the La Novia Room and Terrace. The theme will be home entertaining. Guest speaker Gloria

Pieretti, from PG&E, will present a program entitled "Company's Coming." Her presentation will include a slide show, menus, table decorations and even some energy saving tips.

Along with the program will be a table decorating contest. Each Curriculum will arrange a table according to any theme they choose. A prize will be awarded to the most attractive and original table dis-

play. Contact your CR if you would be interested in helping decorate a table. Following the program the new OSWC officers will be announced.

Refreshments will be wine and cheese with the wine provided by the Mirassou Winery. Cost is \$1.75 for members and \$2.50 for non-members. Watch for flyers and reservation forms in your mailboxes. □

Curriculum Representatives

Aero Engineering	Lee Anne Mertz	649-6260
NSA	Chris Mason	372-6000
Admin Science	Mary McGraa	372-8883
Computer Technology	Jaymie Siegel	372-6577
Intelligence	Helen Cook	373-4614
Naval Engineering	Theresa Fini	372-2207
Oceanography & Meteorology	Marlene Frill	372-7881
Operations Analysis	Donna Redd	375-2084
Electronics & Communication	Claudia Byard	384-0274
Weapons Engineering	Linda Phillips	649-1349



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feature section



Q.A.

by Connie Niemeier

Q. Was anyone caught in the recent vandalism case (destruction of a Navy van) in La Mesa Housing, and what can we residents do to prevent this sort of thing?

A. At the time this article was written, no arrests had been made; however, the matter is still under investigation. Residents should be aware that destruction of

government property may lead to a federal investigation.

As for prevention, it is advisable to secure equipment in your storage area and chain bicycles. Get in the habit of locking car doors and never leave keys in the ignition. Lock windows and doors in your quarters. Notify Security if you're going away for any length of time and inform

neighbors who won't mind keeping an eye on your home while you're gone.

Assistant Chief William Talbert of the Security department will present two films entitled "Neighborhood Watch" and "Residential Burglary" at La Mesa School in the near future. Be sure to see them!

Q. Will the Navy Exchange accept coupons?

A. Yes, if the Exchange carries the merchandise, all coupons are honored.

Q. What can be done to influence the selection of toys at NPS' Toyland?

A. Please tell the Exchange exactly what you'd like. Toys are ordered in May and arrive the second week in August.

If you wish to ask a question or make a comment, contact Connie at 372-7860, SMC 1753. □

Navy Exchange Notes

The new Snack Bar called the Sandpiper is now open. It's right across from the Main Entrance of the Navy Exchange (where the Laundry, Dry Cleaning and Tailor Shop used to be).

Telephones will be available for sale in the next month or so.

Paints can be mixed for you at the Garden Shop; they carry Pittsburgh Paints.

Typewriters and TV's can be rented at Personal Services.

Buy diamonds now, as prices are rising. Hold off buying CB's for the next few months, as prices may drop, like the calculators.

There is a \$10.00 charge for bad checks. □



Congratulations, La Mesa Village!

Water consumption at La Mesa Village is consistently below the 50 gallons per capita daily allotment — and we're proud of the example you set for the rest of the community.

You've learned to conserve in many ways: By flushing only solid waste; not watering your lawns; washing cars with a single bucket of water; taking shorter showers and putting all your children in the same tub; and by making sure your washing machine and dishwashers are loaded to capacity each use.

Pat yourself on the back, and keep up the good work.



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Away From It All

by Filomena Sitrler

If someone had asked me before I moved to Monterey to name the cities in California in order of their population, I would have replied Los Angeles, San Francisco, San Diego and...hmmm...let's see...Oakland, that's it. Oakland must be next. After all, that's the only other city in California with its own major league football franchise. But no, it's not Oakland. Nearby San Jose is the fourth largest city in California. I had only ever heard of San Jose in the Dionne Warwick song of the sixties; but after some research, I found that it is one of the fastest growing areas in the nation and does indeed have a lot to offer.

The city was founded in 1777 by Lieutenant Jose de Moraga, who was part of the De Anza expedition that brought families from Mexico to live in Alta California. Prior to that time the only settlements in northern California were missions and presidios, so San Jose was California's first real city. It remained a relatively quiet agricultural area until the 1950's when industries began to move in. Many of the orchards and fruit processing plants are still there, but now they share the land with housing subdivisions and industrial parks.

The following list of attractions shows that San Jose is not only interested in entertaining its residents and visitors but also in preserving its past:

Kelley Park

This 156-acre park contains several special attractions as well as the usual trees, grass and picnic tables.

The Happy Hollow Children's Park is truly a *children's* park. There are several child-size houses, mazes, rides and unusual play areas for kids to enjoy. Puppet shows are presented daily at the puppet castle. The adjacent Baby Zoo has almost 100 baby animals for children to see and maybe even help feed. Admission is \$1.00 for adults and \$.60 for ages 2-14 years. There's an extra charge for some of the rides in Happy Hollow.



Pathways wind along serene lakes and streams in the Japanese Friendship Garden.

Patterned after a garden in San Jose's sister city of Okayama, Japan, the Japanese Friendship Garden is a great place to take a relaxing stroll among the beautifully landscaped trees and shrubs. Admission is free, and there is a teahouse there that sells refreshments.

At the southernmost section of Kelley Park is the San Jose Historical Museum Complex, a six-block reconstruction of downtown San Jose of the 1890's. Construction is not yet complete, but the buildings that are finished and open to visitors include the Pacific Hotel, which houses historic exhibits; O'Brien's Candy Factory, where you can buy candy or an old-fashioned ice cream cone; the Dashaway Stables, where you can see a working blacksmith; and the Bank of Italy, the first out-of-town branch of what was to become the Bank of America.

All the attractions are open daily from 10 a.m. to 5 p.m., but I would recommend going on a weekend or in the summer. We were there on a week day in December, and it was almost deserted with no guide at the Historical Museum and no puppet show at Happy Hollow. To reach Kelley Park take the Story Road exit

off U.S. 101 and continue four blocks south to Senter Road.

Winchester Mystery House

This strange house was built by Sarah Winchester, daughter-in-law of the Winchester Rifle manufacturer. After her husband and young daughter died untimely deaths, she became obsessed with the occult. One story goes that a seeress told Sarah that the ghosts of the Winchester Rifle's victims were haunting her and that the only way she could escape them was to build a complicated maze of a house. So in 1884, she bought a farmhouse in San Jose and began building. The carpenters continued working 24 hours a day until she died, 38 years later. The result was a 160-room mansion of unique Victorian architecture with such oddities as stairways that bump into ceilings and doors that open into blank walls.

The house is located near the intersection of Interstate 280 and Highway 17. Continuous guided tours of the house are conducted daily and cost \$3.95 for an adult and \$2.50 for a child from 5 to 12. From May to October tours of the restored gardens and outlying buildings are also available.



The layout of the Winchester Mystery House is so complex that even the owner and her servants needed maps to find their way.

Rosicrucian Park

Located at Park and Naglee Avenues, it contains a science museum, planetarium, Egyptian museum and art gallery. The Egyptian museum has an extensive collection of ancient Egyptian, Babylonian, and Assyrian artifacts and a lifesize reproduction of a 4,000-year-old Egyptian tomb. Admission is free.

Historic Walking Tour

Winding through the downtown area of San Jose, the tour includes the Santa Clara County court house, which was built in hopes that it would be the State Capitol, and St. James Square, the site of the last public lynching in California in

1933. Maps are available at the Chamber of Commerce office, and free guided tours can be arranged.

San Pedro Square

If all that hiking makes you hungry, there's a block at North San Pedro and Santa Clara Streets that contains eight different restaurants. The eateries, such as the Olde Spaghetti Factory with nostalgic items decorating its walls and ceilings and the Farmer's Union with its collection of farming antiques, offer interesting surroundings as well as good food.

San Jose Flea Market

If you like flea markets, be sure not to miss this one. It's been described as "1,000 garage sales, a dozen farmer's markets and many antique sales all in one place." Besides the merchandise for sale, there are park areas, snack bars, rides, and music. It's located at 12000 Berryessa Road and is open Saturdays, Sundays and Monday holidays.

Frontier Village

This Western-theme park not only has the fast-moving rides of other amusement parks but also such attractions as a trout-fishing pond, watermelon stand and picnic tables that the bigger parks don't. Located on Highway 82 about eight miles south of San Jose, it's open daily in summer and weekends the rest of the

year. Admission is \$4.50 (under three free) and includes all rides.

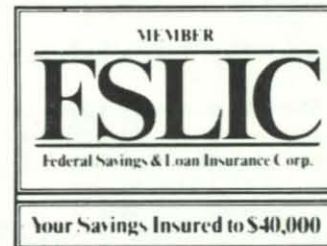
If you're planning a visit to San Jose, you can get information on the above attractions and others by writing the San Jose Chamber of Commerce. The mailing address is One Paseo de San Antonio, San Jose, CA 95113. Or you can drop in at their office on Market (just north of San Carlos Street) once you get there. They have loads of pamphlets and will be glad to help you. □



Inside the crooked house at Happy Hollow, children can climb a stairway and then slide down a spiral slide.



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WHERE IT'S HAPPENING

by Linda Shoaff

Feb. 1, 8, 15, 22 **The Beethoven Festival Concerts** with pianist Istan Nadas continue at the MPC Theatre. All performances are at 8 p.m., and ticket information may be obtained by calling 373-5522.

Feb. 3, 5, 9, 11 **Madame Butterfly** at Hidden Valley Opera. Tickets are \$8, and more information may be obtained by calling 659-3115.

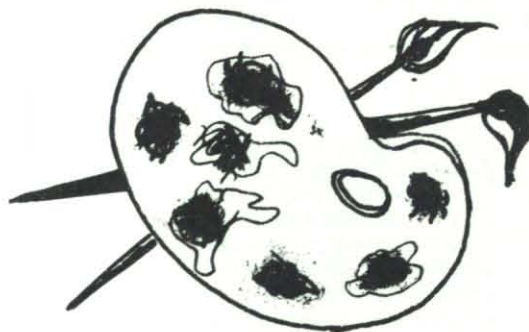
Feb. 3-5, 10-12, 17-19, 24-26 The Wharf Theatre presents an original play **The Review From Broadway to Monterey**. Curtain time is 8:30 p.m. on Fri. and Sat. and 8 p.m. on Sun. Admission is \$5 on Fri., \$5.50 on Sat., and \$4.50 on Sun. Call 372-7367 for reservations.



Feb. 13 **Fluoride Festival**. See article for details.

Feb. 14 **Valentine's Day**. Take a spouse to lunch.

Feb. 15 **Kids' Movie** at Monterey Youth Center (El Estero) — a cartoon festival. Showtime is 4 p.m., and the 75 cents admission includes a bag of popcorn.



Feb. 18 **American Artists Group Show** opening at Zantman Art Galleries, Carmel.

Feb. 20 **Washington's Birthday**. No classes!

Feb. 24 Monterey Peninsula Chamber Music Society presents the **Nash Ensemble** at Sunset Center Theatre, Carmel, at 8 p.m. Call 624-2993 for ticket information.

Feb. 24&25 **12th Annual International Tournee of Animation** at the MPC Theatre. This series of award winning animated films begins at 8 p.m. each night, and admission is \$2.

Feb. 25 The **National Ballet of Illinois** will appear at Sunset Center, Carmel, at 8 p.m. Call 624-9446 for ticket information.



Feb. 25-28, March 1-4 **Creative Needle Exhibition** at the Monterey Peninsula Museum of Art (Pacific St.). This is a display of creative stitchery and canvas work. Admission is \$3 for adults and \$1 for those under 16 years.

March 3-5 **Karkapades**, for fancy van and camper enthusiasts, at the Monterey County Fairgrounds.

March 4 **Bargain Fair**, La Mesa School.



March 4 **OSWC Art Auction**.

March 5 **Monterey County Symphony Orchestra** concert with Gaelyne Gabora as guest soprano at King Hall, 8 p.m. Tickets are \$6. Call 624-8511 for ticket information.



March 19 **Victorian House Tour**, Pacific Grove. Spend an enjoyable day touring selected Victorian houses in Pacific Grove. Most are decorators delights and good idea sources. Tickets are \$5.00 and are available at any of the homes on the tour. Watch the newspaper for the addresses. □

NAVY BLEU

by Betsi Stone

Easy Hor d'oeuvres

Are you like me? Do you have two or three hor d'oeuvres that you seem to make over and over again? I'd like to present to you some new ones. Most of these require a minimum of preparation and hopefully will provide you with a pleasing variety.

WATER CHESTNUT WRAP-UPS

8 oz. can whole water chestnuts, drained
¼ cup soy sauce
3 T. sugar
6 slices bacon, cut in thirds

Let water chestnuts stand in soy sauce 30 minutes. Roll each in sugar and then wrap with strip of bacon. Secure with a toothpick. Place in shallow baking pan or broiler pan. Bake at 400° for 20 minutes, or broil 4 to 5 inches from heat for 8 minutes or until bacon is crisp. Drain on paper towels.

CHEESE LOG

2 lb. box pasteurized processed cheese spread, at room temperature
1 (8 oz.) and 1 (3 oz.) pkg. cream cheese, at room temperature
1 lb. chopped pecans
2 cloves garlic, finely minced
Salt to taste

Blend cheeses, add pecans and garlic. Make into 2 logs. Roll in chili powder. Refrigerate. This freezes well.

FILLINGS FOR CELERY

1. Shrimp-Pineapple Filling:
4½ oz. can shrimp, drained and chopped
½ cup mayonnaise
¼ cup crushed pineapple, drained
1 T. chopped walnuts
Dash liquid hot pepper seasoning
1 T. minced parsley
1½ tsp. lemon juice
1½ tsp. finely chopped onion
¼ tsp. salt

Combine all ingredients and stuff celery stalks.

2. Almond-Cream Cheese Filling: Combine a 3 oz. pkg. softened cream cheese with ¼ cup finely chopped toasted almonds, 1 T. chili sauce, ½ tsp. curry powder and dash of salt.

3. Zesty Cheese Filling: Combine ½ cup grated sharp cheddar cheese, 2 T. mayonnaise, 1½ tsp. mustard with horseradish and ¼ tsp. paprika.

4. Salmon Filling: Combine a 7¼ oz. can salmon, drained and flaked, ½ cup sour cream, ¼ cup minced green onion, 1 T. lemon juice, ¼ tsp. salt and ¼ tsp. pepper.

5. Guacamole Filling: Combine 2 ripe avocados, peeled and mashed, with ½ cup minced onion, 2 T. lemon juice, 1½ tsp. salt, and 3 to 4 drops liquid hot pepper sauce. Add 1 cup finely chopped tomato for garnish just before serving.

MARINATED FRUIT

3 cups cantaloupe and/or honeydew melon balls
13½ oz. can pineapple chunks, drained
11 oz. can mandarin oranges, drained
1 cup strawberries, hulled
6 oz. can frozen grapefruit juice or lemonade
¼ cup orange marmalade
2 T. orange liqueur (optional)

Combine fruit in bowl. Combine remaining ingredients; pour over fruit and stir gently. Chill at least 2 hours before serving.

WATER CHESTNUT MEATBALLS

2 cups soft bread crumbs (4-5 slices)
½ cup milk
1 T. soy sauce
½ tsp. garlic salt
¼ tsp. onion powder
½ lb. ground beef
½ lb. bulk pork sausage
5 oz. can water chestnuts, finely chopped

Combine bread crumbs, milk, soy sauce, garlic salt and onion powder in large bowl. Add remaining ingredients; mix well. Shape into small balls (about 60); place on baking pan. Bake at 350° for 18 to 20 minutes, or until well browned. Serve warm from a chafing dish.

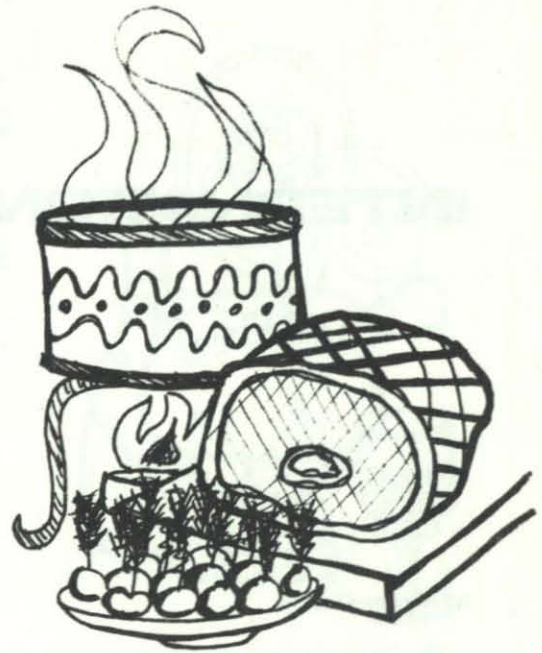
CHEESE AND HAM DIP

2¼ oz. can deviled ham
1 cup shredded sharp Cheddar cheese
½ cup mayonnaise
1 tsp. grated onion

Combine all ingredients in a small saucepan and heat over low heat, stirring until cheese is melted and mixture is well-blended. Serve warm or cold.

CHEESE PUFFS

Toast 12 two-inch bread rounds on one side in broiler. Mix ¼ cup mayonnaise, 1 envelope onion dip mix, and 2 T. grated Parmesan cheese. Fold in 1 stiffly beaten egg white. Spoon onto untoasted side of bread. Bake at 450° for 10 minutes or until golden brown.



WALNUT SNACK

Spread 1 cup walnut halves in a shallow pan. Dot with 2 tsp. butter. Heat in 350° oven for 15 minutes, stirring occasionally. Remove from oven and sprinkle with ½ to 1 tsp. onion salt. Cool on paper towels.

BAKED BEAN BITES

Season baked beans with catsup; spread on pieces of brown bread. Top each with a Cheddar cheese slice and then with an onion slice. Broil until bubbly and then halve or quarter and serve.

SPLITS

Split franks or Vienna Sausages. Spread with pimento cheese spread (or any other cheese spread). Put franks back together and cut into one-inch slices.

CUCUMBER SLICES

Slice 1 or 2 cucumbers. Top slices with Neufchâtel-and-pimento spread.

SHRIMP BALLS

1 can small shrimp, mashed
1½ oz. cream cheese
1 dash cayenne
1 clove garlic, minced

Form into balls. Roll in paprika. Serve with toothpicks.

A LA BRINDISI APPETIZERS

3 cups Bisquick
1 lb. bulk pork sausage
4 cups shredded Cheddar Cheese (16 oz.)
½ tsp. dried rosemary leaves
½ cup grated parmesan cheese
½ tsp. parsley flakes

Mix all ingredients thoroughly and shape into one-inch balls. Place on cooking sheet. Cook 20-25 minutes at 350°. □

INTERNATIONAL MESSAGE

by Merna Dearth

The International Committee is now preparing for its big event of the year — INTERNATIONAL DAY — to be held on April 8. We are fortunate to have LCDR Rolf Molland of Norway and LT Fred Zeile of the United States as our directors for the evening performance. This year's theme will be "Getting To Know You." Come and enjoy an evening of song and dance presented by the International officers and their families. As in past years, displays will be set up around King Hall from 1:00 until 3:00.

We would like to welcome MAJ and Mrs. Werner Jung and their four children to the International community. MAJ Jung is in the Swiss Army and is the first officer from Switzerland to attend the Naval Postgraduate School. It is a privilege to have them with us.

Once again the always popular International Cooking Class is in full swing. Participants in the winter class are sampling foods from Greece, China, Norway, Iran, Germany, Peru, Portugal, Turkey and Indonesia.

As the new chairman of the International Committee I would like to extend a warm hello to all of those in the International community and the readers of CLASSMATE. Larry and I are looking forward to the months ahead. We would like to thank Mike and Kathy Werner for the excellent job they did while Kathy was chairman. John and Pat Reynolds have joined the committee and will be assistant chairmen with Al and Jane Tulloch.


Many of our sponsors have graduated and new Internationals will be arriving in March and June. If you would be interested in becoming a sponsor, having the opportunity to form a lifelong friendship with someone from another land, call Merna Dearth at 649-4461, Pat Reynolds at 372-2446 or Jane Tulloch at 649-4881. □




Santa, gifts, cookies, punch, games and a movie brought smiles to the faces of children from the International Community and their sponsors as they participated in the annual Christmas party given by the International Committee.

Furniture Closet: HELP!! We need furniture for the International Furniture Closet. If you have any pieces that you would be willing to donate, please call Rose Marie Lawing at 375-0763. Most of the foreign students are not allowed to ship household goods to the USA, thus this furniture is very much needed and appreciated. ALL donations are tax deductible.

Hospitality Closet: Donations are always needed for the Hospitality Closet. The Closet is located in Herrmann Hall and available to all International students. Any dishes, silverware, pots and pans, blankets, sheets or towels that you are thinking of discarding can be put to good use. Please call Bonnie Kalyn at 375-3257. □



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Dining Out: The Peripatetic Palate

by Ann Malokas and Nancy Lemke



February is February is February ... but only for 28 days! May we suggest a dinner out to celebrate Ground Hog Day, to dream of sunny (green!) days ahead or to get reacquainted with the member of the family who will occasionally leave the computer center long enough for a meal. Our latest restaurant adventures were mostly super.

We celebrated New Year's Eve with a luscious dinner at **YORK OF CANNERY ROW**. Although there was a special bill of fare for this holiday, the entrées we chose are also on York's regular menu.

We started our meal with a small fresh fruit cup followed by excellent, creamy clam chowder. Next came a wedge of iceberg lettuce with a tangy, if a bit too vinegary, dressing. Our entrées were all superb. The select New York steaks were more tender and juicy than any we'd had. The prime rib was large and succulent; and the scampi, large shrimp in a wonderful garlic, pepper and wine sauce, were very enjoyable.

Our meals were accompanied by very good, fresh green beans and baked potato or rice. For dessert we had peach melba — peaches, vanilla ice cream and whipped cream covered with raspberry sauce (!!!) — and cheesecake — delicious.

Service was a bit forgetful but could be excused on this very busy night. Our very complete dinners, which included all of the above, were \$12.50 per person because of the special bill of fare. The prices would be a little less on the regular menu. It was a very pleasant experience and one we will repeat.

Even if Europe isn't in your plans this month, you can have a delightful evening of *Gemutlichkeit* and hearty Swiss cuisine at the **SWISS TAVERN** on Lincoln and Fifth in Carmel.

We shared a portion of tender, garlicky snails to start the meal, followed by cups

of spicy, thick lentil soup (I could have made a meal of it) and a salad of butter lettuce in a light oil and vinegar dressing. We chose two favorites from the list of entrées: *Wienerschnitzel* and *Jaegerschnitzel*. The first is a tender breaded veal cutlet, the second is a cutlet in a wine and fresh mushroom sauce. Both were outstanding and came in huge portions. They were served with fresh carrots, fresh green beans, and buttered noodles. All of this was accompanied by a never-ending supply of warm, crusty bread with sweet butter and good German beer.

We didn't need dessert but couldn't resist the chocolate pastry heavily laden with whipped cream and only lightly sweetened. Delicious! Service was quick and friendly. Our bill was just over \$30 for two — a bargain we thought.



A return visit to **ST. TROPEZ** on Junipero near 6th in Carmel lived up to our previous raves. This family owned and operated restaurant serves wonderful meals in the delightful French manner. We began our evening with refreshing champagne cocktails. Next we savored leek and potato soup, creamy and good, and a green salad which had a pleasant, light dressing. The entrées for our party included shrimp *en croustades*, shrimp and scallops in a delicious, light, seasoned white sauce on a crisp pastry shell; chicken *frommage*, an enjoyable dish of cheese covered chicken; chicken St. Tropez, a recommended house specialty; and scallops, a luscious combina-

tion of shrimp and scallops with a thin sauce served on a scallop shell.

Although all our meals were filling, we managed to find room for dessert. St. Tropez's are testimonies to the supremacy of French sweets. The caramel custard was light and creamy, the best we'd ever had. The *vacharin* consisted of a scoop of chocolate ice cream between two meringues, all covered with a heavenly chocolate sauce.

Service is pleasant and attentive. Our bill for eight people, including cocktails, meal, desserts and tip was \$65.00, making it a reasonable as well as palate pleasing experience.

Our penurious eyes had been attracted several times by an item in the newspaper advertising a complete prime rib dinner at the **SAN CARLOS HOTEL** for \$4.95. Recently we succumbed to its appeal and had an ambivalent experience at this downtown Monterey landmark.

Served in the coffee shop that reflects the general decaying aura of the hotel, the prime rib special starts with a complimentary glass of surprisingly tasty wine and your choice of soup, an excellent split pea that night, or salad, an average mound of lettuce. Some over-boiled cauliflower and a good baked potato accompanied the meat which was large and swimming in great *au jus*. However, it was dry and chewy in the center, leading us to believe it might have been reheated from the night before.

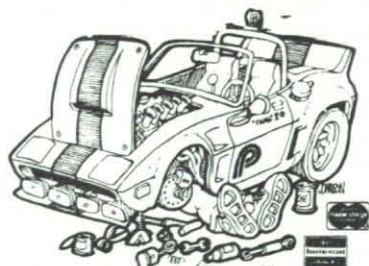
Service was unreasonably slow in the uncrowded restaurant. (Another reason we thought the meal wasn't cooked fresh that evening.) All together we felt that we had gotten what we had paid for — a reasonable, very average, adequately filling meal. If you wish to try this special,

it is offered Wednesday through Saturday evenings.

We recently had a fantastic dinner on a return trip to the **WHALING STATION INN** on Cannery Row. Before we had menus in our hands an artichoke with mayonnaise sauce was put on our table to help us fend off starvation while we made a decision. The menu only received brief glances while we waited for the waiter to recite the day's specials, an impressive selection of meat and fresh seafood dishes.

We wonder why the long list of specials wasn't written down somewhere (a blackboard?) to avoid confusion, but the waiter was patient in repeating, describing, and recommending until we chose four: an enormous serving of quail came with delicious apple stuffing; a perfectly cooked trout was stuffed with lobster mousse; an unusual combination of delicate sole stuffed steelhead salmon was very good; the seafood platter came with a heavenly combination of fresh mussels, clams, shrimp, and crab on linguini. Entrées were served with fresh zucchini and noodles, rice or creamed potatoes. The first three brought raves, but the potatoes arrived lukewarm.

Dinners included a choice of three appetizers: fresh mussels on linguini, a very spicy gazpacho, and the house special, a delicately flavored cream of curry soup garnished with coconut. The romaine salad with sliced mushrooms in a good oil and vinegar dressing was served after the entrée — different but enjoyable. The bill for four, including wine, was \$58 and well worth it. □



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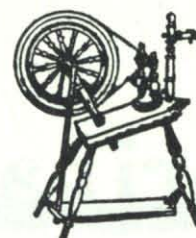
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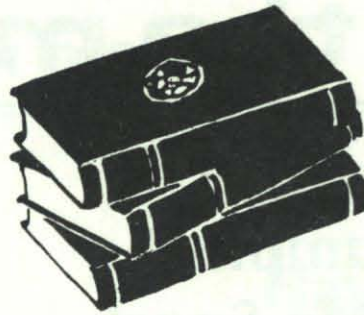


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Legal-Ease

by LT David Laredo

State Per Capita Tax

Individuals contemplating retirement frequently ask about relative tax burdens in the various states. Figures for 1976 have just been released which total the "per capita tax" for each state. This amount reflects a compilation of *all* taxes within a particular state, including income, personal property, sales and real property taxes. The per capita tax per state are as follows:

Alaska	1896
New York	1140
California	964
District of Columbia	924
Hawaii	900
Massachusetts	900
Wyoming	847
Minnesota	823
Nevada	820
Maryland	814
New Jersey	793
Wisconsin	791
Connecticut	778
Illinois	769
Delaware	768
Michigan	749
Vermont	742
Arizona	731
Washington	728
Colorado	728
Rhode Island	711
Montana	709
Oregon	703
Iowa	701
Pennsylvania	684
Maine	671
North Dakota	667
Nebraska	658
Kansas	651
Louisiana	610
Virginia	609
New Mexico	598

Utah	593
Idaho	590
Indiana	588
Ohio	586
West Virginia	584
Texas	581
New Hampshire	571
Missouri	570
South Dakota	569
Florida	566
Kentucky	549
Oklahoma	530
North Carolina	527
Tennessee	493
South Carolina	489
Mississippi	486
Alabama	455
Arkansas	454



On the Lighter Side:

Continual complaints are received with regard to the confusing language of tax forms. Perhaps we can derive a bit of solace from the tax return form required in Papua, New Guinea. Form S there has instructions which are written in pidgeon English (phonetic base). Try your hand at the following questions:

- (1) Wanem kain wok bilong yu?
 - (2) Wanem kain bisnis bilong bos bilong yu?
 - (3) Sapos you bin senism nem bilong yu, raitim dispela nem bilong yu bipo?
 - (4) Wokautim takis bilong yu.
 - (5) Raitim nem bilong yu hia.
- Answers: (1) occupation, (2) employer's industry, (3) if name changed, state former name, (4) calculate your tax, and (5) signature.

It is common knowledge that the IRS has sent a fact-finding team to New Guinea in an attempt to locate the author and lure him into their employ.

On the more serious side, it is time to think about tax planning. It is totally within the law to arrange one's affairs in order to keep taxes as low as possible. Reflect upon the differences you anticipate between last year's income and the income you project for this taxable year. Certain factors such as a spouse beginning a job, quitting a job, bonuses, moonlighting, or an expanding family may alter your taxable income significantly. If so, an attempt to accumulate deductible expenses in the high income year will result in a net tax savings. Items to consider are payment of interest, extraordinary medical expenses (braces, etc.), sale of stock, sale of residence, etc. Careful planning can offset a substantial amount of income.

Legal Notes from Here and There:

After some preliminary testing, the IRS has now established a Problem Resolution Office in each district. This office will provide relief to taxpayers who are frustrated by undue delay or roadblocks. Apparently set up to act in the role of ombudsman, this office is designed to present a *named* individual who is empowered to deal with your problem.

Moving expense deductions have been increased by the Tax Reform Act of 1976. Pre-move house hunting and temporary living expenses can be deducted up to the maximum of \$1,500. Expenses incident to the sale, purchase, or lease of a new residence may be deducted up to \$3,000, reduced by the amount claimed as house hunting or temporary lodging expenses. □

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focus of the month

The Trials and Triumphs of Finding a Suitable Sport

by Nancy Lemke

I am not an athlete, never have been, never will be. Oh, occasionally I'd cast a wistful eye upon the slim, sinuous limbs of a fellow female jogging by, but any momentary interest in joining her in exercise was rapidly squelched by my disdain for sweat and the knowledge that I would probably trip and break a leg. Fortunately, at our past homes jogging women were a rare sight, so my guilt at not participating was rare.

Here, however, you can see women jogging, playing raquetball or tennis practically any hour of the day. My sedentary life style as well as my expanding girth became a constant embarrassment to me, so I was forced to take up some sort of athletic endeavor. I joined a health spa. It went bankrupt. I played raquetball twice. I spent the whole game clinging to the walls for fear of being hit. I played tennis a few times. Those courts didn't look their true acre size until I tried chasing balls on them. About this time I was again faced with my original premise. I am not an athlete.

However, not to be totally defeated, I went back to a sport that I have played regularly — that is annually — since I learned it as a child — golf. Now I know that real jocks don't consider golf a true sport. It certainly requires coordination but not the constant, heavy exertion of tennis or jogging that makes me dizzy with heart palpitations. However, anyone who carries their own bag and covers as much of a golf course as I do zig-zagging down the fairway definitely gets exercise at the game.

Besides that, the Monterey Peninsula is one of the golf capitals of the world. As a child I spent one weekend every January watching the Bing Crosby Tournament on TV. The beauty and idiosyncrasies of the Pebble Beach course fascinated me even then. However, even with my renewed interest in golf I never expected to venture forth on that famous course. Besides the fact that the NPS links, which are nice but relatively uncomplicated, were still a big challenge to me, the stiff \$31 fees at Pebble Beach were out of the question.



But, last year my parents visited us and treated my husband Bob and me to a round at Pebble Beach. The four of us were jumpy with nerves as we drove the 17 Mile Drive to the golf course. When an impeccably dressed young man in tie and blazer met us to carry our clubs to the waiting area, I had to suppress a giggle. I wondered what he thought of Bob's and my bags which had a conspicuous lack of woods; we had abandoned them months before because we couldn't hit the broad side of a barn with them. Oh well, I kept telling myself, I know I am a lousy golfer and that it is ludicrous for me to even attempt to play this course, but I am going to enjoy the thrill of walking down the same fairways that I had seen baffle Arnold Palmer and Jack Nicklaus and the beauty of the surrounding landscape and gorgeous homes. And I did.

Teeing off at the first hole is quite an experience for a man. Their tee is set up like a stage surrounded on three sides by either the crowded patio of the pro shop or the windows of Del Monte Lodge which you are sure are full of people. If you manage to hit a good shot under

these circumstances it must be a sublime feeling. Neither my dad nor Bob could confirm this.

The women's tee is further down the fairway and to one side, thank goodness; Mom and I knew we were safe as soon as we saw that. We both hit fairly good tee shots (me with my 2-iron, remember!) and were off to challenge the course.

It has always been extremely boring to me to listen to someone just in from a round of golf retell how he hit each ball on each hole. Therefore, I will spare you most of the details of our six hours on this course. Suffice it to say that I have more respect now for the pros who can play that course and make it look fairly routine. For instance, there is one spot where your tee shot (if you are good) places you at the bottom of a cliff that looks like it is as tall as the Empire State Building. The green is on top of this. I picked up my ball and carried it. There are many places where you shoot across vast expanses of ocean. Knowing that my ball has the knack of sinking like a rock as soon as it leaves my club face, I played around these places. And the sand traps...sand traps are never fun, but the ones at Pebble Beach are like nothing I had ever seen. The sand is fine and very white. It is difficult to get a footing in and awful to try to hit out of. On top of this, some of the traps must be 15 feet deep. You can't possibly see where you are trying to go. I picked up my ball a few times in traps, too.

All in all, it was a fantastic day, though. My philosophy to just enjoy the sights and whatever luck I did have at playing worked well for me. I don't know if I would like to play it again even though I have made golf my regular athletic venture. But I do go back there and walk around and see the sights when I can. I think that everyone, golfer or not, would appreciate the beauty of that course or any of the other big ones on the Peninsula. So if you have an opportunity to play or just walk along with someone while they play, don't pass it up. It is an unforgettable experience, and you just might find golf an enjoyable way to get your exercise. □

enjoying sports in monterey

Having an Ice Time, Wish You Were Here

by Carol Burgess

Are you suffering from the midwinter blahs? Have you become convinced that Mommytheresnothingtodo is the only word in your children's vocabularies? Are you breaking your New Year's resolution to get more exercise because you just can't get excited about jogging in the cold drizzle? Is that what's bothering you? Well, have you considered going ice skating? That's right, I said ICE SKATING. Where? Here, on the Monterey Peninsula.

The Ice Pond at 280 Reservation Road in Marina is the perfect place to shake those blahs. If you've put your skates in storage, don't fret; they have rental skates in all sizes (even tiny tots). You can get your "ice legs" back in the morning sessions on weekdays (the best time to skate, I think, because it's not crowded), or plunge right in with an afternoon or even-

ing outing with the kids (Dad, too, if you can pry him away from his books — I'll lend you my crowbar). For a different night out, how about dinner, a movie and ice skating at the night owl session.



What? You say you don't know how to skate? Don't despair; there are group and private lessons available for all age groups and levels of ability. If you have a youngster who idolizes Bobby Orr, there

are even junior hockey lessons! Junior hockey is a rapidly growing sport — don't miss the Ice Pond's annual Turkey Tournament on the Thanksgiving weekend. These youngsters put on quite a show.

You say it's your husband who fancies himself a hockey star? Well, you've certainly come to the right area. Sunday is Huff'n'Puff hockey day at the Ice Pond. All would be or has been hockey players are welcome to join the Central Coast Amateur Hockey Association and play on one of the Huff'n'Puff teams. There are teams sponsored by the Army, the Rugby Club, Clayton's Apparelmaster, and International Market so far. How about a Navy team? Powderpuff anyone? Remember, ladies, this may be your only opportunity to see your husband in a garter belt!

If hockey is your idea of a spectator sport, don't miss the Ice Pond Otters' home games. There's always lots of action both on the ice and at the snack bar where they serve some of the best donuts and hottest chili on the Peninsula. Between periods entertainment is provided by a daring team of crack Zamboni drivers, and, if you're lucky, an appearance by the Ice Pond mascot, Ollie the Otter. Watch the local newspapers or check at the Ice Pond for scheduled games.

The figure skating club had its first meeting in January and interested groups for speed skating and dance skating are being formed. It seems there really is something for everyone. But, I haven't even mentioned the Ice Pond's best feature — the friendly atmosphere. Owners Bob and Julie Sherry must have put friendliness at the top of the list when selecting their staff; they're always ready with a cheerful word, even on those rare occasions when things are not going smoothly.

If I seem enthusiastic, it's because I am. Ice skating is good family fun, and it doesn't require good weather or a lot of special equipment. However, I must warn you that it may be hazardous to your detailer's health. A dream sheet that says "anywhere within 20 miles of an ice rink" could give him a headache. □

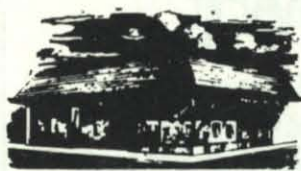
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Scuba Diving on the Monterey Peninsula

by Carolyn Quinn

Scuba diving is a sport which offers good physical exercise without the stress of competition. Divers have the opportunity to see the world from a different view, to be in touch with marine life and to benefit from a camaraderie which is not concomitant with many other sports.

The Monterey Peninsula is an excellent place to dive or take lessons if you do not already dive. Sixty percent of all diving between Pismo Beach and the Oregon coast is done in Monterey, bringing the total number of divers in Monterey annually to between 60,000 and 100,000. According to Jim McGahey of the Aquarius Dive Shop in Monterey, the reason for this is that the shape of the Peninsula offers protection for divers. In addition, visibility is 20 to 30 feet, which is good for



the California coast. There are a number of interesting places around the Peninsula to dive, including Point Lobos, where the nation's first underwater park is located. Other locations include Cannery Row, Lovers' Point, Asilomar Beach, Monastery Beach and 17-Mile Drive, where divers can look for parts from wrecked ships.

Before going diving, a person must take lessons. Shops will not rent equipment to anyone who does not have a certificate verifying completion of a course. For less than \$200, including equipment rental and lessons, a person can become certified to dive. The lessons which are given at the Aquarius Dive Shop are held twice a week for three weeks and include four ocean dives. The only requirement for taking lessons are that the person be able to swim and be comfortable in the water. Lessons acquaint the novice with the laws of physics in the water, how to enter and leave the water safely, how to choose a safe place to dive, how to judge the ocean, etc. A person who has learned to dive in Monterey should be able to dive anywhere with no problem because the conditions in this area introduce di-

vers to a variety of environmental possibilities such as diving in kelp beds, surge, surf and rocks.

Although there is some danger, diving is safer than swimming, based on accidents per number of hours spent in the water. Divers learn how to avoid dangers during their training. One of the greatest causes of accidents is diving without proper instruction.

Sharks in this area do not constitute a danger to divers, except in unusual circumstances. The sharks which are found here, most commonly the Leopard Shark, are not interested in harming people. Great White Sharks have been seen in this area but apparently do not go into kelp beds, which is where most divers go to see marine life.

To purchase equipment will require an investment of between \$500 and \$1000. The basic equipment includes mask, snorkel, boots, gloves, wet suit, buoyancy device, regulator, tank and weight belt. A diving flag, which can be used to mark the spot where the diver and his or her buddy are diving, is also a necessity to comply with U.S. Coast

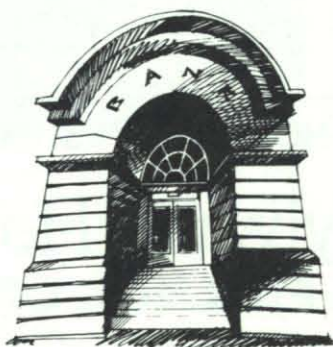
Guard regulations. Boats must stay 100 feet away from this flag.

Diving can be enjoyed to the fullest in Monterey, once the person is certified



and rents or buys equipment. The diver may take underwater pictures, collect shells, look for shipwrecks, spearfish or just enjoy the scenery. There are also dive clubs, such as the Monterey Sunfish, for active divers. These clubs take boat and camping trips and dive in many different places.

Lessons are offered by dive shops in the area and by LCDR John Kolodziej of the Naval Postgraduate School. □



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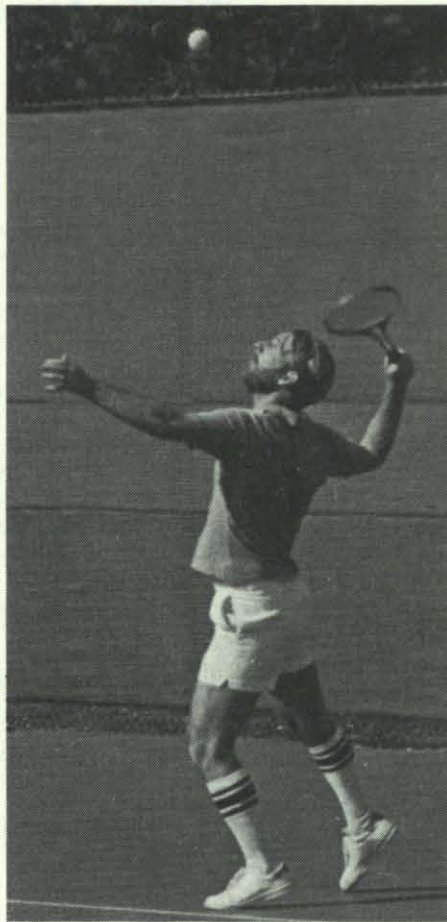
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Tennis on the Monterey Peninsula

Over the last few years tennis has gained interest throughout the country, and it has indeed increased in popularity on the Monterey Peninsula. Public and private courts are always filled. Private tennis clubs exist throughout the Monterey area from Carmel to Seaside and Salinas. Each club strives to provide its members with varied and active programs for all ages. The professional staffs are top-notch. Membership fees vary with each club, and lessons and court use are normally available to non-members. Some of the clubs in the area are: Carmel Valley Racquet Club, Carmel Valley, Pro: Ed Gullick 624-2737. Mission Tennis Ranch, Carmel, Pro: Lee Underwood. Pebble Beach & Tennis Club, Pebble Beach, Pro: Andy Briant 624-0106. Meadowbrook Swimming & Tennis Club, Seaside, Pro: Alli Moezzi 394-6629. Chamisal Tennis Club, Salinas, Pro: Allen Fry 484-1135. Titus Park Tennis Club, Salinas, Pro: Frank Johnson 484-1825. Corral de Tierra, Salinas, Pro: Ralph Melendez.

There are very few public courts avail-



able on the peninsula. Many of the public schools have courts, but they are available only after school and on weekends. The Monterey Tennis Center at 401 Pearl St. in Monterey is professionally staffed with a courtside control center. Four courts are available, and fees are \$1.00 per hour per person. For information on programs offered, call 372-3015. Five courts and a professional staff are located at the Pacific Grove Municipal Courts at Gibson and Junipero Aves. Fees are \$1.00 per day per person. For information call 372-9319. The Friends of Stevenson Tennis Club located on Forest Lake Road in Pebble Beach has six courts. Although it is a private club, it is open to the public at a fee of \$3.00 per day. Lessons are available afternoons and weekends. For information on court availability and times, contact Pro Charlie Workman at 624-9785.

Inter-club tennis is an important part of the Monterey tennis scene. The Monterey Bay Ladies Tennis League has four divisions. The "A" division tryouts are held in the fall to select the top sixteen players from the peninsula. The "A" divi-

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Mary Wadsworth and Mary Lou Henry of Town & Country's Military Committee invite you to bring your questions and have a cup of coffee with them Feb. 11, 12, & 13 at the Del Monte Hyatt House, Marina Room, 10 a.m. — 5 p.m. Daily.



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sion plays a round robin during the year and participates in four tournaments in the Monterey-Santa Cruz area. Open challenges into the "A" division begin in January. For information contact Deanie Nail, 373-1296. The "B", "C" and "D" divisions are made up of ten participating clubs. Each club has five doubles teams in a division. Tournaments are held monthly and run from September to June.

For the men there is the Gran Prix and the Men's Interclub "B", "C" and "D" division. The Gran Prix offers a chance for competition between the top players in the Monterey, Salinas and Santa Cruz areas. This is an open tournament so one does not have to be a pro to enter. The field is usually a large one. The top 32 players form four groups, with eight players in each group. A round robin is played within the group over a six month period. The finals are played by the three top players from each group and prize money goes to the top twelve. A ladder is set for the Monterey, Salinas and Santa Cruz areas. The Monterey-Santa Cruz Area Tennis Council sets up the men's "B", "C" and "D" division on an interclub basis. The participating club teams play six singles and three doubles. Tournaments are normally scheduled on Sunday mornings. For information contact Bob Bechelmayer at 484-9731.

For military and their dependents use, Ft. Ord has six courts and the Presidio has four courts. The Naval Postgraduate School has four courts at the school and six courts in the La Mesa housing area. NPS Pro George Cornford offers lessons and team coaching. For information on cost and times call George at 375-7444.

There is no lack of enthusiasm for tennis at NPS, and the NPS Tennis Association provides a number of activities for its 150 members. Tournaments, playdays and social events are held monthly. Our "B", "C" and "D" ladies' doubles teams are members of the Monterey Bay Ladies' League. The NPSTA is open to military (active and retired) and their dependents. Membership fees are \$3 per person per year and \$5 per family per year. Applications may be obtained at the Recreation Office and mailed to SMC #1962 or call Larry Barbles, 372-0645. □

NPS TENNIS ASSOCIATION

February 24 & 25: Members and Guest Mixed Doubles Tournament. Part of the first round will begin on Friday.

For information call: Larry Barbles, 372-0645. □

Bowling Facility Improved

by Phyllis Demo

The lanes at the NPS Bowling Alley have been resurfaced recently, making this an ideal time to enjoy the game of bowling. Bowling is an excellent family sport because it is inexpensive and a broad range of ages can compete at it.

NPS's lanes, located across the street from the gym and nursery, charge 10 cents for shoe rental and 45 cents a line. The six-lane alley has open bowling all day Saturday and whenever there are no leagues scheduled. Balls and bags may be ordered there and lessons are offered by Eric Derksen, the Lanes Manager.



Current Women's Leagues:

Monday: AM Staff Wives, 9-11:30 a.m.
Tuesday: Tuesday Night Swingers, 8-11:00 p.m.

Wednesday: AM Coffeetimers, 9-11:30 a.m.

Thursday: Afternoon Sleep-Ins, 12:15-2:30 p.m.

Current Couples Leagues:

Wednesday: Bicentennials, 5:30 to 8:00 p.m. FNWC, 8:30 to 11:00 p.m.

Thursday: Good Losers, 5:30 to 8:00 p.m. FNWC Number Punchers, 8:30 to 11:00 p.m.

Friday: Navy Ball and Chain, 5:30 to 8:00 p.m. Book Ends, 8:30 to 11:00 p.m.

The bowling alley is open from 9:00 a.m. to 11:00 p.m. Monday through Thursday and Saturday. Friday it is open until midnight. If you are interested in starting a junior league, or for any other information concerning bowling services at NPS, call the lanes at 642-2288.

There are several other bowling alleys on the Monterey Peninsula. If you are interested in their leagues or open bowling, check the telephone book for their locations and phone numbers. □

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Hitting the Links at NPS

by Connie Niemeier

The Naval Postgraduate School has a beautiful 18-hole golf course and driving range located adjacent to the Monterey County Fairgrounds. Active and retired military personnel, their dependents and guests are eligible to use the course. Membership is open to all active and retired military personnel and their dependents. The following services and facilities are available at the golf course: snack bar; cleaning and storage of golf clubs — \$3.00 monthly; cleaning, polishing and stowage of shoes — \$1.50 monthly; caddy carts — \$.50 daily; electric carts — \$6.00 per 18 holes, \$3.00 per 9 holes; rental golf clubs — \$1.50 daily; driving range — \$.50 small bucket, \$.75 large bucket. The Pro Shop offers a variety of retail merchandise to meet the golfer's needs.

Topnotch golf lessons from Joe Higuera, the resident professional, or his assistants, are available on an appointment basis at the following rates: 30 minute lesson — \$5.00; series of 6 lessons



At the summer golf clinic women have the opportunity to learn from experts at a very reasonable rate.

— \$25.00; playing lesson, 9 holes — \$7.50.

During Pacific Standard Time, the golf course hours of operation are as follows: Mon.-Fri. 8 a.m.-5 p.m., Sat., Sun., & Holidays, 7 a.m.-5 p.m.

During Pacific Daylight Time, the hours are: Mon.-Fri., 8 a.m.-6 p.m., Sat., Sun., & Holidays, 7 a.m. - 6 p.m.

The men's club meets every second Saturday of the month. There are frequent tournaments to challenge your ability.

Two women's groups meet weekly. The 9-hole ladies play Tuesday mornings, starting about 9 a.m. The 18-hole group plays on Wednesday mornings. New participants are always welcomed.

Outstanding clinics for women and juniors are offered during one week of the summer. It is a unique opportunity to either learn the basics of golf or improve your technique. Inquire at the pro shop or call 646-2167 for further information on these classes or any golf questions you may have.

Daily green fees for all authorized players, military (active or retired), civilian, and their dependents are:

Weekdays	\$3.00
Sat., Sun., & Holidays	\$4.00
Twilight - Weekdays	\$2.00
Twilight - Sat., Sun., & Holidays	\$3.00

Daily green fees for bonafide civilian guests of the above personnel:

Weekdays	\$4.00
Sat., Sun., & Holidays	\$6.00
Twilight - Weekdays	\$3.00
Twilight - Sat., Sun., & Holidays	\$4.00

Advanced monthly green fees:

Individual participant	\$15.00
Dependent	\$10.00
Each additional dependent	\$ 5.00

The NPS course is so conveniently located and reasonable that it makes it easy to get in a few holes as often as you like. Take advantage of this great opportunity. □

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P.O. Box 3965 Carmel, California 93921 Phone: 624-8511

Take a Walk!

by Janie LeRoy

Take a walk! It sounds so simple. Most of us have walked since the age of one and it is as natural to us as breathing. But most people only walk in the course of everyday activity; we forget that walking can be a beneficial exercise.

Consider the advantages. Walking costs nothing (no special clothing, shoes or equipment is required) and can be performed anywhere (no courts, fields or pools are necessary). No lessons are needed and walking can be a solo sport. And walking is good for your entire body!

Here are a few tips for enjoyable walking.

1. Don't push yourself. Begin with a walk around the block and work up to one or two miles every day.

2. Walk at a brisk pace but be flexible. Be ready to stop and visit with people — walking is a great way to get acquainted with a new neighborhood.

3. Share your walk with someone. Your companion doesn't have to be human. Dogs love to be walked — just make sure you have a good leash and keep your dog in check. Human companions are fun, too. It's surprising how a familiar person will reveal new thoughts and ideas when you converse while walking.

So take a walk today! You won't expend much energy or time but you'll feel more alert, refreshed and ready to deal with life's little hassles. □

Angling Around

Numerous charter services in Monterey offer an exciting day of deep sea fishing to interested anglers. Lucky fishermen enjoy not only the experience but the reward of coming home with delicacies ranging from yellow tail to the incomparable salmon.

A sportfishing license is necessary for anyone over the age of 16 who fishes in any California waters except when he fishes from a public pier in open ocean water. The license fee for California residents is \$4.00 and \$15.00 for non-residents. There are also special 3-day licenses for \$2.00 and 10-day licenses for \$5.00. A \$2.00 sportfishing license stamp is required for inland water fishing. A special \$3.00 trout and salmon stamp is necessary when fishing for these species in inland waters. Licenses may be obtained at the California Dept. of Fish and Game, 2201 Garden Rd. in Monterey. The phone number is 373-0901.

Happy angling! □

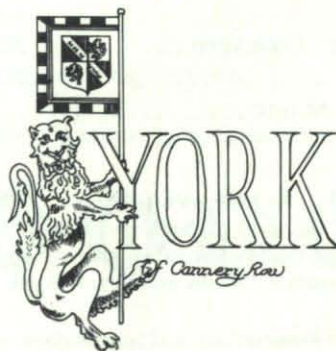


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On the Links

The following courses are open to the military public:

Fort Ord Golf Course — 242-5651. North-South Road, Fort Ord. 36 Holes.

Laguna Seca Golf Ranch — 373-3701. On Monterey-Salinas Hwy #68, just seven minutes east of Monterey. 18 holes, yardage 6335, par 71. Green fees \$10.00, power carts \$11.00. Monthly tickets available.

Old Del Monte Golf Course — 624-3811, golf shop and tee time reservations within four weeks; future tee time reservations, 624-6333. 1300 Sylvan Road, Monterey. 18 holes, yardage 6174, par 72. Green fees \$12.00. Golf carts \$12.00 per cart.

Pacific Grove City Golf Course — 375-3456. 77 Asilomar Ave., Pacific Grove.

Oceanside Course: 9 Holes, yardage 2835, par 35. **Cityside Course:** 9 holes, yardage 2830, par 35. Green fees \$3.00 for 9 holes, \$5.00 for 18 holes; also monthly, family & annual rates.

Pebble Beach Golf Links — 624-3811, golf shop. 624-6333 tee time reservations. Del Monte Lodge, Pebble Beach, 18 holes, yardage 6806, par 72. Green fees for outside guests \$25.00. Golf carts (mandatory) \$12.00 per cart. Caddies \$10.00 per bag.

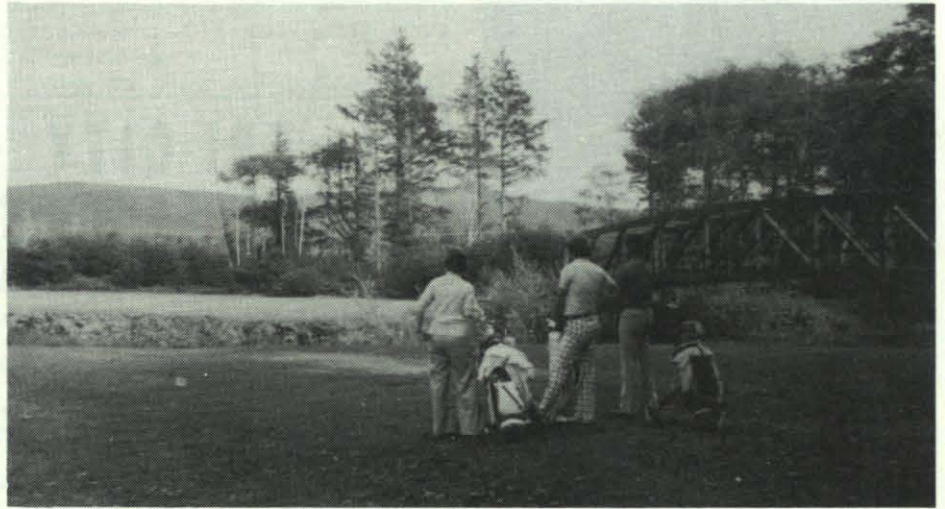
Peter Hay Par 3 Golf Course — 624-3811. Del Monte Lodge, Pebble Beach, 9 holes. Green fees \$3.00 all day.

Rancho Canada Golf Club — 624-0111. Carmel Valley Road, one mile from Hwy #1. Two 18-hole championship courses. Driving range. **West Course** yardage 6600. **East Course** yardage 6450. Green fee \$12.00, golf cart rental \$12.00.

Spyglass Hill Golf Course — 624-3811,

Golf Shop. 624-6333 tee time reservations. Stevenson Drive and Spyglass Hill Road, Pebble Beach. 18 holes, yardage 6810, par 72. Green fees \$17.00. Golf carts \$12.00 per cart.

USNPS Golf Course — 646-2167. Directly behind Monterey County Fairgrounds. 18 holes, yardage 5480. See article in this issue.□



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Pebble Beach Jogging Course

A little known but fun place to get exercise is the Par Course in Pebble Beach. Starting near the first tee of Peter Hay Golf Course (across the street from Del Monte Lodge), a jogging path winds through woods and around the golf course. Along the way, the jogger finds stations with directions to complete different exercises such as ten jumping jacks or sit ups. Equipment is provided for exercises requiring it such as balance beams and chinning bars. There is no charge. □



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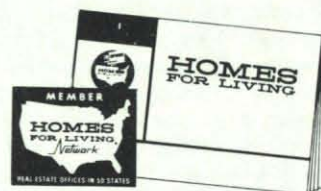
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muscles and flexes your joints. And it's fun in the process. Enjoy the sights with a stop, look and listen kind of ski run where you pick your resting spots for their panoramic views. Listen to the silence of nature and gaze in wonderment at the snow capped peaks jutting into a cold winter sky.

When the snow and weather conditions are perfect, it's best to start your day early, with a hearty breakfast because lunch breaks are easily ignored for more ski runs. However, when you feel tired, take a rest.

When there is new snow and the sun peeks through the clouds, people gather at the chair lift and the ride is breathtaking. Many non-skiers just take a ride to the top for the view and scenery, have a hot drink at the restaurant and ride down again. Many skiers take a backpack filled with cheese, bread, beef jerky and wine. Once at the top of the mountain, they find a tree to hang the backpack on for later hunger pangs.

Smart skiers take it easy the first couple of runs to warm up their muscles and get the feel of the skis. Confidence surges, spirit soars and down I come at a speed slightly slower than light, ten to thirty m.p.h. Sometimes I end up buried neck deep in the cold snow, making a precise rear end impression. Oops, must remember to fill in my "sitzmark," or is it replace my "divot"? It's been an exhilarating day and much fun has been had by all. We've used muscles we thought we never had.

At the end of the day skiers gather in the ski lodge to tell slightly exaggerated "sea," I mean "ski," stories of the mountain runs they shared together. It's easy to identify skiers by their faces alight with joy and the two-tone racoon look from wearing goggles. As long as skiers remain aware of the natural beauty and fragile environment of the mountains, skiing will always be a fresh, exciting and wonderful sport. □


by Diane Clayton

When the air has a chill and the green hills turn gold, it is time to embark on yet another ski season. For some, snow is that miserable substance that has to be shovelled out of the driveway, and ice is useful only for cooling drinks. But for any ski enthusiast, it is a welcome pleasure. I grow restless for the new snow's contagious charms. Thoughts of skiing ruin my golf game, which is not hard to do. I yearn for the mountains, the snow covered trees, and the glitter of fresh powder on a steep untracked run.

Coming from a small ski town nestled in the Canadian Rockies, we were put on skis when we could barely walk. With the ski hill only two miles away, the local skiers would walk and carry their skis on their backs to help limber themselves up. There was no such thing as a life line; and once on the mountain trails, we felt like we had it all to ourselves with an endless variety of terrain. The mountain glistened in the sun with a sprinkling of yodelers here and there. Our area promised blue skies and hills packed with powder not people. The highlight of our day was skiing to our doorstep.

Skiing is an individual sport where you can progress at your own speed and challenge yourself when you feel you are ready. It is a recreation, something that's good for you physically. It stretches your





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Ft. Ord Sponsors Ski Trips

In case you haven't heard, for the first time in several droughty years the slopes are covered with powder, making ski conditions excellent. Every Friday at 5 p.m. buses leave Ft. Ord taking ski buffs to Heavenly Valley at South Lake Tahoe. This trip is a bargain, costing only \$45 per adult and \$30 for children 12 and over. The fee includes transportation, lodging, lift tickets, equipment rental, and lessons. Returning buses leave the ski area at 4 p.m. on Sunday, arriving back at Ft. Ord around 11 p.m.

A \$25 deposit is required to reserve your spot on the bus. The balance is due the Friday before the trip. If you are renting ski equipment, you must go to have your skis and boots fitted on the Monday, Tuesday or Wednesday before you leave. For further information call 242-2004. □



Equestrian Events

Reminiscent of a time when the Hotel Del Monte sported five polo fields and stabled 500 polo ponies, the Monterey Peninsula is the site of two active polo fields. Every Sunday you can view the efforts of tough, well-groomed ponies under the expert handling of their riders as they compete in these weekly matches.

Sunday mornings, rain or shine, the Carmel Valley Polo Club welcomes spectators to see their 11 a.m. match at the Carmel Valley Riding Club. There is no admission fee. For directions and further information call 624-4530.

Sunday afternoon at 2 p.m. polo matches start at Collins Field in Pebble Beach. There is no admission fee, but the \$4.00 gate fee to Del Monte Forest is in effect. Call 624-2756 for information.

Interested in trying out your own hand or seat as the case may be? Horseback riding lessons and horses for hire are available at at least three Peninsula locations. Check the telephone book for their locations and numbers. □



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Laguna Seca = Racing

by Nancy Lemke

1978 promises to be another exciting year for car race enthusiasts on the Monterey Peninsula. My husband can hardly wait for the season to open so that he can thoroughly entrench himself with other car buffs in tales of carburetors, pistons and cam shafts. At the track he has taken mounds of pictures of the entrails of various fancy vehicles that I am sure are stimulating to someone besides him, but I have yet to encounter him. Fortunately, however, when he drives out Highway 68 to the track at Laguna Seca, there are many fans of gasoline alley and the "pits" who share his enthusiasm.

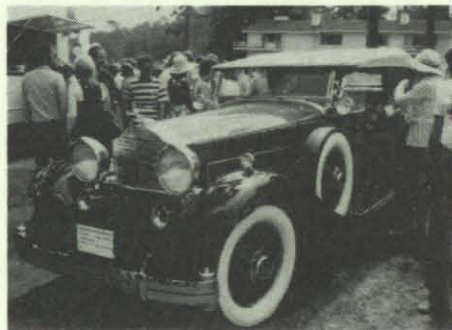
This year Laguna Seca will be the site of five major racing events. Although they all draw huge crowds, the most unique is the Annual Monterey Historic Automobile Race. Each year a different marque is selected for spotlighting. Last year the Bugatti was honored. This year it will be the Silver Star of Mercedes-Benz.

The cars of Gottlieb Daimler and Carl Benz, German automotive pioneers whose carriage-like machines roamed the "roads" of Europe as early as 1886,

followed very similar paths of development. In 1926 the two firms came together to form one company now known as Mercedes-Benz. Both firms had raced successfully in Europe before their amalgamation. Daimler and Benz were not unknown in the early days of racing in the United States. Barney Oldfield drove his "Blitzen-Benz" to one spectacular success after another.

Although the Mercedes-Benz Factory hasn't been directly involved in road racing since 1955, the historic importance of their contribution to racing is obvious and therefore worthy of the recognition offered it by the Historic Race.

On the same weekend in August, the 28th Annual Pebble Beach Concours d'Elegance will dazzle car enthusiasts with its unequalled display of the cream of concourse cars. Held at the grounds of Del Monte Lodge in Pebble Beach, this event is not only a must for car lovers but also for those who enjoy seeing how "the other half" live. Picnic lunches on complete silver services are offered by liveried butlers to their bejewelled employers. It's fun and worth the high ticket price.



The tentative schedule of events for the 1978 Laguna Seca Season are:

April 29-30: Monterey Triple Crown-IMSA Camel GTO Challenge, Camel GTU Challenge, and the Radial Challenge.

June 24-25: Laguna Seca Sprints, SCCA United States Road Race of Champions.

August 26: 5th Annual Monterey Historic Automobile Races.

October 6-8: Monterey Grand Prix, SCCA Citicorp Can-Am Challenge.

If listening to the roar of well-tuned engines tearing around is not your idea of beautiful music, Laguna Seca may still be of interest to you. Last year a CLASSMATE staffer found herself rubbing elbows with Paul Newman as she watched the cars go by! □

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